

What is Claimed:

- 1 1. A dinnerware article adapted to receive food, the article
2 comprising:

3 a shallow container with an upper surface having a center, and a lower
4 surface joined to the upper surface at an edge;

5 a raised likeness of a creature affixed to the upper surface; and

6 a graphical diet reminder on the upper surface.
- 1 2. The article of claim 1, wherein the shallow container comprises
2 one of a saucer, a dish, and a bowl.
- 1 3. The article of claim 1, wherein the shallow container comprises
2 a plate.
- 1 4. The article of claim 1, wherein the likeness is adjacent the
2 edge.
- 1 5. The article of claim 1, wherein the likeness comprises a
2 statuette.
- 1 6. The article of claim 1, wherein the likeness comprises a raised
2 relief figure.

1 7. The article of claim 1, wherein the likeness is permanently
2 affixed to the upper surface.

1 8. The article of claim 1, wherein the likeness is removably affixed
2 to the upper surface.

1 9. The article of claim 1, wherein the likeness is further affixed to
2 the lower surface and the edge, and extends laterally from the edge.

1 10. The article of claim 1, wherein the upper surface comprises a
2 central section and a border section adjacent and surrounding the central section,
3 the border section extending to the edge.

1 11. The article of claim 10, wherein a distance from the edge to the
2 central section is between 10% and 40% of a distance from the edge to the center.

1 12. The article of claim 10, wherein the likeness is affixed to the
2 border section.

1 13. The article of claim 10, wherein the graphical diet reminder is
2 on the central section.

1 14. The article of claim 1, wherein the likeness resembles one of a
2 walrus, a hippopotamus, and a whale.

1 15. The article of claim 1, wherein the likeness resembles one of an
2 imaginary creature and an obese person.

1 16. The article of claim 1, wherein the likeness resembles a pig.

1 17. The article of claim 1, wherein the likeness comprises therein a
2 hollow space adapted to contain at least one pill.

1 18. The article of claim 1, wherein the likeness is hollow and
2 comprises a bottom and a removable top, the likeness adapted to contain at least
3 one pill.

1 19. The article of claim 1, wherein the graphical diet reminder
2 comprises a diagram indicating a breakdown of diet according to food categories.

1 20. The article of claim 1, wherein the graphical diet reminder
2 comprises an image of a food pyramid.

1 21. The article of claim 1, wherein the graphical diet reminder
2 comprises a motivational message.

1 22. The article of claim 1, wherein the graphical diet reminder
2 comprises numerical nutritional information.

1 23. A dinnerware article adapted to receive food, the article
2 comprising:

3 a plate with an upper surface having a center, and a lower surface
4 joined to the upper surface at an edge, wherein the upper surface comprises a
5 central section and a border section adjacent and surrounding the central section,
6 the border section extending to the edge;

- 7 a hollow statuette of a pig removably affixed to the border section, the
- 8 statuette having a bottom and a removable top and being adapted to contain at least
- 9 one pill; and
- 10 an image of a food pyramid on the central section.